

DINNERLY



Balanced Spicy Texan Chicken with Wholegrain Rice and Corn Salsa



30 minutes



2 Servings

Hang up your spurs and saddle and sit down to big Texan flavours! There's spicy chicken tenders, nourishing rice to keep bellies full, and a spiced corn and cucumber salsa to top it off.

- 125g red rice
- 1 Lebanese cucumber
- 300g corn kernels
- 5g Mexican spice blend ¹⁷
- free-range chicken tenderloins
- 400g diced tomatoes

- 2 garlic cloves
- 1 tbs olive oil
- 2 tsp honey
- 1 tsp red or white wine vinegar ¹⁷

- medium saucepan
- medium frypan

Due to supply shortages, we've substituted red rice for the brown rice, pictured. Don't worry, the dish will be just as delicious!

Sulphites (17). May contain traces of other allergens.

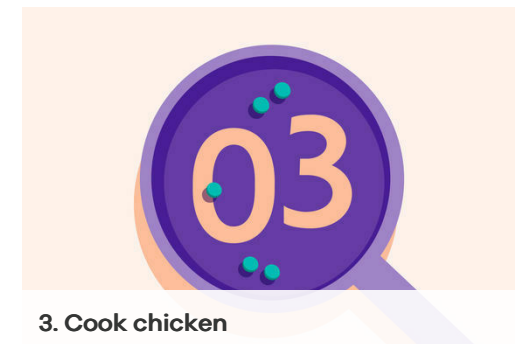
Energy 600kcal, Fat 11.6g, Carbs 74.0g,
Proteins 43.0g



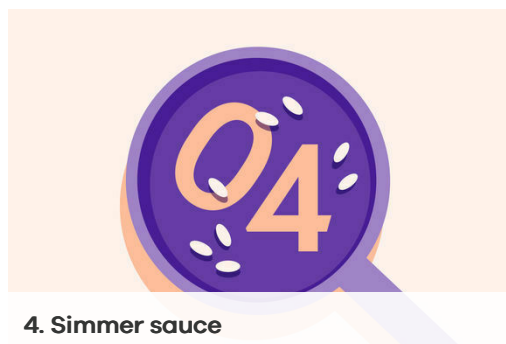
Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** (see Cooking tip) and cook for 25 mins or until tender. Drain. Meanwhile, quarter the **cucumber** lengthwise, then cut into 1cm chunks. Crush or finely chop **2 garlic cloves**. Drain and rinse the **corn**.



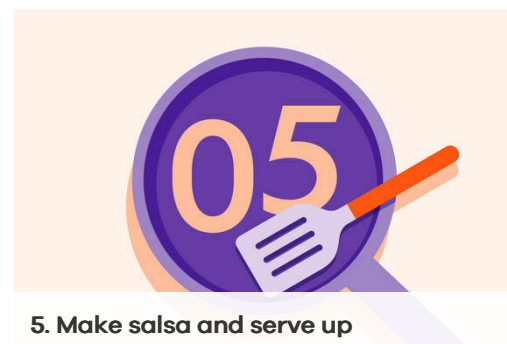
Heat **1 tsp olive oil** in a medium frypan over medium-high heat. Cook the **corn** and **½ tsp Mexican spice blend** (see Make it yours), stirring occasionally, for 2-3 mins until golden. Transfer the corn to a bowl. Reserve the pan.



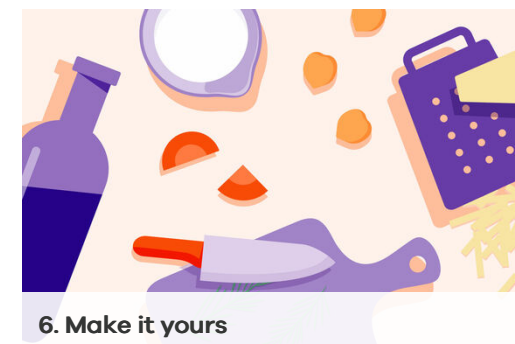
Put the **chicken, garlic, 1 tsp Mexican spice blend** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat. Heat the reserved pan over medium-high heat. Cook the chicken for 3-4 mins each side until browned and cooked through. Transfer the chicken to a board.






Return the pan to medium heat. Add the **tomatoes, 1 tsp Mexican spice blend, 2 tsp honey and 125ml (½ cup) water**. Cook, stirring occasionally, for 4 mins or until slightly thickened. Meanwhile, shred the **chicken** with two forks. Add the chicken to the sauce and stir to combine. Remove the pan from the heat. Taste, then season with **salt and pepper**.



Add the **cucumber**, **1 tsp red wine vinegar** and **1 tsp olive oil** to the corn, season with **salt and pepper** and stir to combine. Divide the **rice** and **chicken** among bowls, scatter over the **corn salsa** and enjoy!



Our Mexican spice blend has a chilli kick. If you don't like too much heat or you have little ones, use less or simply season the corn and chicken (in Step 3) with salt and pepper instead.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

 **Packed in Australia**
from at least 85%
Australian ingredients